



## Norfolk Fire and Rescue Service Home Fire Safety Self Checker

ASK YOURSELF	WHAT TO DO	LINKS TO MORE SAFETY ADVICE
<b>KITCHEN</b>		
Is your oven and grill clean of fat?	If NO: Keep the oven, hob and grill clean and in good working order a build up of fat can ignite a fire	
Do you deep fry?	If YES: Hot oil ignites easily. Use an thermostatic electric deep fat fryer. If you have a fat fire if safe turn off the heat and GET OUT, STAY OUT, CALL 999	<a href="#">Chip Pan Safety</a>
Do you turn pan handles in and keep them clear of hotplates?	If NO: These can cause serious scalds and burns if knocked off or can be spilled on electrics	
Are tea towels and cloths kept clear of the cooker?	If NO: Move them. If left on or above appliances they can ignite	
Are kettles and leads kept away from hotplates and children?	If NO: Move them: These can be caught, pulled or melt causing injury or fire	<a href="#">Electrical Safety</a>
Are all flexes and cables in good condition?	If NO: Get them replaced. Worn wires can cause electric shock and/or fires	<a href="#">Electrical Safety</a>
Are plugs and sockets used correctly & not overloaded?	If NO: Check the correct fuse is used. Avoid block adaptors instead use trailing adaptors and don't exceed 13 amps in total	<a href="#">Electrical Safety</a>
Are toasters used under cupboards, shelves or near kitchen rolls or curtains?	If YES: Move the toaster or check for scorch marks. The heat can scorch units and eventually over time this will become easy to ignite and cause a fire	
Are electrical appliances vents clear and have enough space to allow cooling?	If NO: Move items blocking vents and air gaps the appliance can overheat and malfunction or catch fire if not ventilated according to the manufacturers instructions.	<a href="#">Electrical Safety</a>
Do you have a microwave?	If YES: Ensure adequate ventilation and no storage on top. Do not put metal inside. Be aware of overheating food or wheat bags which may catch fire.	<a href="#">Electrical Safety</a>
Are floors free of things that you could trip or slip on?	If NO: Replace worn or damaged floor coverings, remove trip hazards. People can slip on liquids or loose mats on shiny floors	<a href="#">Emergency Action Plan</a>
Is there a door and does it fully close into the frame?	If NO: A well fitted door will give you more time to escape if it is closed and if you have a working smoke detector to warn you	<a href="#">Emergency Action Plan</a>
<b>LIVING AND DINING ROOM</b>		
Are all flexes and cables in good condition?	If NO: Get them replaced. Worn wires can cause electric shock and/or fires	<a href="#">Electrical Safety</a>
Are plugs and sockets used correctly & not overloaded?	If NO: Check the correct fuse is used. Avoid block adaptors instead use trailing adaptors and don't exceed 13 amps in total	<a href="#">Electrical Safety</a>
Do cables run under carpets or floor coverings?	If YES: Cable may wear and cause fires and/or electrical shock. Check the condition of cables and reroute them. Consult a qualified electrician if you have any doubt	<a href="#">Electrical Safety</a>
Are all unused electrical appliances unplugged especially last thing at night?	If NO: Include this in your bed time routine, it will also save you money, appliances on standby can use up to 66% of the power they use when on.	<a href="#">Electrical Safety</a>
Do you have an open fire, woodburning stove or portable gas heater?	If YES: <ul style="list-style-type: none"> <li>• Get chimneys swept by a chimney sweep 2x a year before first and after last use.</li> <li>• Use a suitable fireguard especially if you leave the room or may fall asleep.</li> <li>• Keep furniture and other combustibles at least 1 metre from fires and heaters and check they do not get hot.</li> <li>• Make sure fires are out or guarded and there are no sparks or</li> </ul>	<a href="#">Woodburning Stoves</a>  <a href="#">Chimney fires</a>  <a href="#">Portable Heaters</a>

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	<p>embers in the hearth or on floor coverings before you go out or go to sleep</p> <ul style="list-style-type: none"> <li>• Get portable heaters checked regularly by a qualified person, particularly hoses and connections to ensure they are in good condition and not loose.</li> <li>• LPG heaters produce water vapour as well as heat so can cause damp and condensation</li> <li>• Relocate mirrors from above fireplaces and heaters with open flames. Clothing and hairspray etc can catch fire when people are standing close to the mirror.</li> <li>• Don't empty ashes into plastic bins</li> </ul>	<a href="#">Carbon Monoxide, the Silent Killer</a>
Are floor coverings loose or raised and may cause people to trip or slip?	If YES: These can cause slips, trips and falls Replace repair or remove loose or dangerous floor coverings and ensure they do not slip easily on wet or shiny floors.	
Do you have remote controls for your TV, DVD, Music etc?	If YES: They can slip down the side of chair cushions and be operated causing them, to overheat and cause a fire. Put them back on a table after using them.	
Do you use candles, burners, joss sticks or lanterns?	If YES: They should be stable and in approved holders not placed on plastic or flammable surfaces, and away from curtains or other flammable items. Put them out when you leave the room and before you go to sleep. Use torches for emergency lighting.	<a href="#">Candles and Burners</a>
Does anyone smoke?	If Yes: Smoking is the biggest cause of fire death in the home in Norfolk. Use ashtrays and empty them into non combustible containers (not plastic bins)	<a href="#">Smoking</a>
Is there a door and does it fully close into the frame?	If NO: A well fitted door will give you more time to escape if it is closed and if you have a working smoke detector to warn you	<a href="#">Emergency Action Plan</a>
<b>HALLWAYS, STAIRS AND LANDINGS</b>		
Are there working smoke alarms on each floor?	<p>If NO: A smoke alarm is the only thing that will wake you and your family if there is a fire.</p> <ul style="list-style-type: none"> <li>• Ensure that there is at least 1 per floor on the ceiling in hallways and staircases.</li> <li>• Test them every week</li> <li>• Change the alarm if over 10 years old</li> <li>• Vacuum them every 6 months</li> <li>• Fire alarms are available for people with hearing impairments</li> </ul>	<a href="#">Smoke Alarms</a>
Are stairs and/or floor coverings loose or raised and may cause people to trip or slip?	If YES: These can cause slips, trips and falls and prevent escape in case of fire. Replace repair or remove loose or dangerous floor coverings and ensure they do not slip easily on shiny floors.	<a href="#">Emergency Action Plan</a>
Are the stairs, hallways and exit routes free of obstructions?	If NO: Obstructions such as bicycles, toys on the stairs, electrical cables etc can prevent or slow the escape from a fire. Move them or put them away and check as part of your night time routine.	<a href="#">Emergency Action Plan</a>
Are plugs and sockets used correctly & not overloaded?	If NO: Check the correct fuse is used. Avoid block adaptors instead use trailing adaptors and don't exceed 13 amps in total	<a href="#">Electrical Safety</a>
<b>BEDROOMS</b>		
Do you have a smoke alarm in bedrooms?	If NO: Consider getting one particularly in children's rooms. Smoke in a bedroom means there is probably something wrong.	<a href="#">Smoke Alarms</a>
Does anyone smoke in bed?	If YES: <b>DON'T!</b> Smoking is the biggest cause of fire deaths in the home in Norfolk.	<a href="#">Smoking</a>
Does anyone use an electric blanket?	<p>If YES:</p> <ul style="list-style-type: none"> <li>• Are they in good condition?</li> <li>• Are they stored correctly as per the instructions?</li> </ul>	<a href="#">Electrical Safety</a>

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	<ul style="list-style-type: none"> <li>• Use only those with the British standard kite mark or EU standard.</li> <li>• Switch them off before going to bed if advised to by the manufacturer.</li> <li>• Have them tested regularly as per the instructions.</li> </ul>	
Are all flexes and cables in good condition?	If NO: Get them replaced. Worn wires can cause electric shock and/or fires	<a href="#">Electrical Safety</a>
Are plugs and sockets used correctly & not overloaded?	If NO: Check the correct fuse is used. Avoid block adaptors instead use trailing adaptors and don't exceed 13 amps in total	<a href="#">Electrical Safety</a>
Do cables run under carpets or floor coverings?	If YES: Cable may wear and cause fires and/or electrical shock. Check the condition of cables and reroute them. Consult a qualified electrician if you have any doubt	<a href="#">Electrical Safety</a>
Are all unused electrical appliances unplugged especially last thing at night?	If NO: Include this in your bed time routine, it will also save you money, appliances on standby can use up to 66% of the power they use when turned on.	<a href="#">Electrical Safety</a>
Do you use electric hair straightners or hair dryers?	If YES: Never leave them on beds or combustible surfaces if hot or plugged in, or where they may fall or be knocked onto them. Ensure cables are not twisted, coiled or damaged and plugs are correctly wired	
Are floor coverings loose or raised and may cause people to trip or slip?	If YES: These can cause slips, trips and falls Replace repair or remove loose or dangerous floor coverings and ensure they do not slip easily on wet or shiny floors.	<a href="#">Emergency Action Plan</a>
Are there aerosols placed on heaters or in the window?	If YES: Many aerosols contain flammable Gasses and can be heated by radiators, heaters or sunlight and explode.	
Do you have a phone or other means of calling 999 in the bedroom?	If NO: If there is a fire in your home at night and your escape is blocked by fire or smoke a phone in your bedroom will let you call 999	<a href="#">Emergency Action Plan</a>
Do you know how you would escape if you were trapped in your bedroom by fire and/or smoke?	If NO: Plan your escape route taking into account double glazed windows that may not be able to be open far enough to allow you to escape. Always know where your window lock keys are and what to do if you are trapped.	<a href="#">Emergency Action Plan</a>
Is there a door and does it fully close into the frame?	If NO: A well fitted door will give you more time to escape if it is closed and you have a working smoke detector to warn you	<a href="#">Emergency Action Plan</a>
<b>BATHROOM</b>		
Are there aerosols placed on heaters or in the window?	If YES: Many aerosols contain flammable Gasses and can be heated by radiators, heaters or sunlight and explode.	
Are electrics operated by pull cord or sensor switches?	If NO: Operating electrical switches with wet hands can cause an electric shock	
Are portable electrical appliances used in the bathroom?	If YES: Portable electric appliances such as heaters, hairdryers or straightners can come into contact with water and cause electric shock	
Are floor coverings loose or raised and may cause people to trip or slip?	If YES: These can cause slips, trips and falls Replace repair or remove loose or dangerous floor coverings and ensure they do not slip easily on wet or shiny floors.	<a href="#">Emergency Action Plan</a>
Does anyone use candles or burners in the bathroom?	If YES: Ensure these are placed in suitable holders and not on plastic or flammable surfaces such as a plastic bath as these can melt through and cause fire or flood.	<a href="#">Candles and Burners</a>
<b>AIRING CUPBOARD</b>		
Is this empty of aerosols and flammable liquids and are combustibles such as towels kept away from electrics?	If NO: Aerosols can explode in heat, flammable liquids can expand and leak coming into contact with electrics. Combustibles such as towels and clothing especially if wet can catch fire or cause electric shock near electrics.	
Are all electric equipment and cables in good condition	If NO: Have them replaced or if unsure have them checked by a qualified electrician	<a href="#">Electrical Safety</a>

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Does the door fully close into the frame?	If NO: A well fitted door will contain the fire for longer giving you more time to escape as long as it is closed.	<a href="#">Emergency Action Plan</a>
<b>LOFT</b>		
Are there storage materials that could catch fire?	If YES: Keep storage to a minimum, away from electrics, chimney breasts and other things that may get hot.	
Are the electrics in good order and safe from rodents?	If NO: Consult a qualified electrician	<a href="#">Electrical Safety</a>
Is the loft separated from adjoining properties by a solid wall with no holes?	If NO: Consult an architect or local building control for further advice. Open loft spaces between houses can aid the spread of fire.	
Does the loft door fully close into the frame?	If NO: A well fitted loft door will contain the fire for longer giving you more time to escape as long as it is closed.	<a href="#">Emergency Action Plan</a>
<b>GARAGE, SHEDS AND STORAGE OUTSIDE</b>		
Are all dangerous materials stored safely and correctly?	If NO: <ul style="list-style-type: none"> <li>Consult your local Council on the disposal of these.</li> <li>We recommend storage of no more than 15 litres of petrol with no more than 2 x 5 Litre plastic fuel cans.</li> <li>Chemicals used in the garden, garage or workshop need to be used and stored with great care; store them in a safe place where children can't see or reach them, and keep them in their original containers, clearly labeled.</li> </ul>	<a href="#">Petrol Cans</a>
Are there clear routes out of the area?	If NO: Ensure there is a safe easy route out of garages and storage areas in case of fire.	<a href="#">Emergency Action Plan</a>
If the garage has a door directly into the house is it a fire door that closes fully onto the door frame?	If NO: This must be a correctly installed fire door to prevent the spread of fire from a higher risk area such as a garage, it should be kept closed and not wedged open.	
<b>ESCAPE PLAN</b>		
Do you have an emergency plan?	If NO: <ul style="list-style-type: none"> <li>Plan how you and your family would escape from your home if there is a fire.</li> <li>Make sure everyone in the house knows what to do</li> <li>Practice the escape plan to ensure that the plan works and that everyone is clear on what to do</li> <li>Consider planning for what you would do in other emergencies such as flooding</li> </ul> <p>In case of fire: GET OUT, STAY OUT, CALL 999</p>	<a href="#">Emergency Action Plan</a>
<b>OTHER</b>		
Does your property have a thatched roof?	If YES: To consult our guidance <a href="#">Click Here</a>	
Storage in your home	Keep storage in your home to a minimum particularly things that can catch fire e.g. large quantities of newspaper, clothes and packaging. If there is a fire this can let it grow rapidly and cause a serious danger to you, your family and Firefighters.	<a href="#">Emergency Action Plan</a>
Has anyone in your home been playing with matches or fire?	If YES: <ul style="list-style-type: none"> <li>Make sure you have smoke alarms that work</li> <li>Safely dispose of or lock away matches and lighters</li> <li>For further advice access our Firesetter education scheme on 01603-810351 and ask for the Firesetter co-ordinator.</li> </ul>	<a href="#">Firesetter Education</a>

For a Fire Safety in the Home Leaflet [Click Here](#)

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